

Campeonato Regional de Juvenis, Juniores e Absolutos
Braga, 21 - 23/3/2025

Prova 14 Femin., 400m Livres Juvenis B
22/03/2025 - 10:00 Resultados

Rec. Reg. ANMinho Open	4:08.53	Tamila Hryhorivna Holub	SCB	Felgueiras	22/12/2018
Rec. Reg. ANMinho Juv B	4:25.47	Tamila Hryhorivna Holub	SCB	Abrantes	13/04/2013

Pontos: FINA 2021

Lugar	Idade		Tempo final				Pts
1. Sofia Sytnyk	14 Braga		4:50.52				522
	50m: 32.45	32.45	200m: 2:20.54	1:12.96	400m: 4:50.52	1:15.16	
	100m: 1:07.58	35.13	300m: 3:35.36	1:14.82			

Prova 14 Femin., 400m Livres Juvenis A
22/03/2025 - 10:00 Resultados

Rec. Reg. ANMinho Open	4:08.53	Tamila Hryhorivna Holub	SCB	Felgueiras	22/12/2018
Rec. Reg. ANMinho Juv A	4:20.32	Tamila Hryhorivna Holub	SCB	Vila Praia de Âncora	15/03/2014

Pontos: FINA 2021

Lugar	Idade		Tempo final				Pts	
1. Leticia Alves Castro	15 Braga		4:47.98				535	
	50m: 33.19	33.19	200m: 2:22.36	1:13.09	400m: 4:47.98	1:12.14		
	100m: 1:09.27	36.08	300m: 3:35.84	1:13.48				
2. Mariana Mesquita Fernandes	15 Braga		4:57.11				488	
	50m: 33.66	33.66	200m: 2:25.14	1:15.40	400m: 4:57.11	1:16.21		
	100m: 1:09.74	36.08	300m: 3:40.90	1:15.76				
3. Matilde Torres Almeida	15 Amigos da Montanha		5:52.36				292	
	50m: 38.06	38.06	100m: 1:20.64	42.58	300m: 4:22.06	3:01.42	400m: 5:52.36	1:30.30

Prova 14 Femin., 400m Livres Juniores
22/03/2025 - 10:00 Resultados

Rec. Reg. ANMinho Open	4:08.53	Tamila Hryhorivna Holub	SCB	Felgueiras	22/12/2018
Rec. Reg. ANMinho Jun 3	4:12.38	Tamila Hryhorivna Holub	SCB	Moscovo (RUS)	03/08/2017
Rec. Reg. ANMinho 18 +	4:13.65	Tamila Hryhorivna Holub	SCB	Braga	17/06/2017
Rec. Reg. ANMinho Jun 2	4:10.52	Tamila Hryhorivna Holub	SCB	Porto	12/12/2015
Rec. Reg. ANMinho Jun 1	4:15.43	Tamila Hryhorivna Holub	SCB	Porto	20/12/2014

Pontos: FINA 2021

Lugar	Idade		Tempo final				Pts
1. Diana Gomes Freitas	17 Amigos da Montanha		4:35.34				613
	50m: 31.75	31.75	200m: 2:15.38	1:09.83	400m: 4:35.34	1:09.42	
	100m: 1:05.55	33.80	300m: 3:25.92	1:10.54			
2. Margarida Vieira Pinto	18 Braga		4:35.98				608
	50m: 31.17	31.17	200m: 2:15.19	1:10.34	400m: 4:35.98	1:10.61	
	100m: 1:04.85	33.68	300m: 3:25.37	1:10.18			
3. Maria Gomes Neves	17 Braga		4:52.46				511
	50m: 33.60	33.60	200m: 2:24.99	1:14.96	400m: 4:52.46	1:13.34	
	100m: 1:10.03	36.43	300m: 3:39.12	1:14.13			

Campeonato Regional de Juvenis, Juniores e Absolutos
Braga, 21 - 23/3/2025

Prova 14, Femin., 400m Livres

Prova 14	Femin., 400m Livres				Absolutos
22/03/2025 - 10:00					Resultados
Rec. Reg. ANMinho Open	4:08.53	Tamila Hryhorivna Holub	SCB	Felgueiras	22/12/2018
Rec. Reg. ANMinho Sen	4:08.53	Tamila Hryhorivna Holub	SCB	Felgueiras	22/12/2018
Rec. Reg. ANMinho Jun 3	4:12.38	Tamila Hryhorivna Holub	SCB	Moscovo (RUS)	03/08/2017
Rec. Reg. ANMinho 18 +	4:13.65	Tamila Hryhorivna Holub	SCB	Braga	17/06/2017
Rec. Reg. ANMinho Jun 2	4:10.52	Tamila Hryhorivna Holub	SCB	Porto	12/12/2015
Rec. Reg. ANMinho Jun 1	4:15.43	Tamila Hryhorivna Holub	SCB	Porto	20/12/2014
Rec. Reg. ANMinho Juv A	4:20.32	Tamila Hryhorivna Holub	SCB	Vila Praia de Âncora	15/03/2014
Rec. Reg. ANMinho Juv B	4:25.47	Tamila Hryhorivna Holub	SCB	Abrantes	13/04/2013

Pontos: FINA 2021

Lugar	Idade				Tempo final	Pts
1. Carolina Esteves Peixoto	19	Braga		4:34.58	618	
50m: 31.65 31.65	200m: 2:14.78 1:09.44	400m: 4:34.58 1:09.50				
100m: 1:05.34 33.69	300m: 3:25.08 1:10.30					
2. Diana Gomes Freitas	17	Amigos da Montanha		4:35.34	613	
50m: 31.75 31.75	200m: 2:15.38 1:09.83	400m: 4:35.34 1:09.42				
100m: 1:05.55 33.80	300m: 3:25.92 1:10.54					
3. Margarida Vieira Pinto	18	Braga		4:35.98	608	
50m: 31.17 31.17	200m: 2:15.19 1:10.34	400m: 4:35.98 1:10.61				
100m: 1:04.85 33.68	300m: 3:25.37 1:10.18					
4. Leticia Alves Castro	15	Braga		4:47.98	535	
50m: 33.19 33.19	200m: 2:22.36 1:13.09	400m: 4:47.98 1:12.14				
100m: 1:09.27 36.08	300m: 3:35.84 1:13.48					
5. Sofia Sytnyk	14	Braga		4:50.52	522	
50m: 32.45 32.45	200m: 2:20.54 1:12.96	400m: 4:50.52 1:15.16				
100m: 1:07.58 35.13	300m: 3:35.36 1:14.82					
6. Maria Gomes Neves	17	Braga		4:52.46	511	
50m: 33.60 33.60	200m: 2:24.99 1:14.96	400m: 4:52.46 1:13.34				
100m: 1:10.03 36.43	300m: 3:39.12 1:14.13					
7. Mariana Mesquita Fernandes	15	Braga		4:57.11	488	
50m: 33.66 33.66	200m: 2:25.14 1:15.40	400m: 4:57.11 1:16.21				
100m: 1:09.74 36.08	300m: 3:40.90 1:15.76					
8. Matilde Torres Almeida	15	Amigos da Montanha		5:52.36	292	
50m: 38.06 38.06	100m: 1:20.64 42.58	300m: 4:22.06 3:01.42	400m: 5:52.36 1:30.30			